

a few notes

Topic: Exercise for Mental Health



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Exercise could be a cost-effective way to improve health and quality of life according to Primary Care Companion the Journal of Clinical Psychiatry. Evidence has suggested that 30 minutes of exercise may be an often-neglected intervention in mental health care. Aerobic exercises, including jogging, swimming, cycling, walking, gardening, and dancing, have been proven to reduce anxiety and depression. These improvements in mood are proposed to be caused by an exercise-induced increase in blood circulation to the brain and by an influence on the hypothalamic-pituitary-adrenal (HPA) axis and, thus, on the physiologic reactivity to stress. Health benefits from regular exercise include: Improved sleep, increased interest in sex, better endurance, stress relief, improvement in mood, increased energy and stamina, reduced fatigue, weight reduction, reduced cholesterol and improved cardiovascular fitness. How will you increase your daily exercise to improve your mental health?

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